

WAYS TO PRACTICE AT HOME

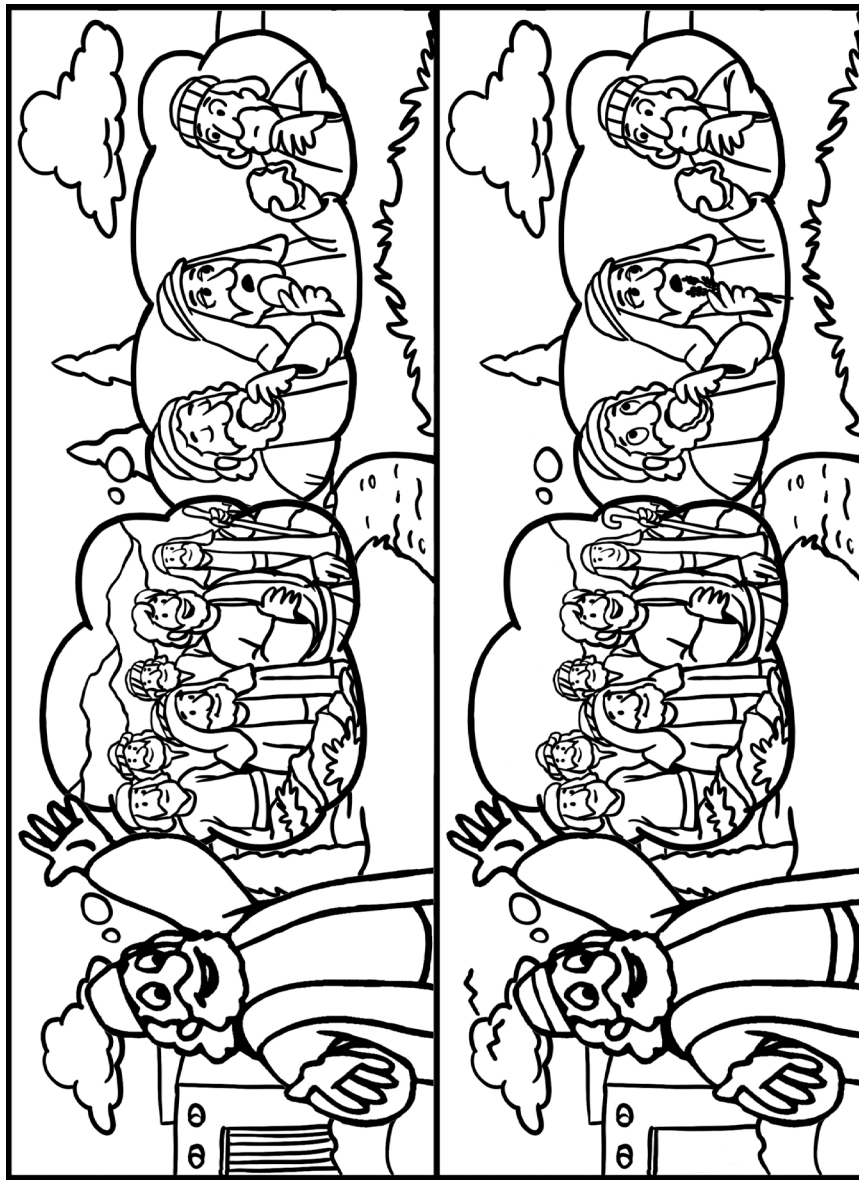
The fourth commandment instructs God's people to observe and honor the day of Sabbath. God set the Sabbath apart to be a holy encounter with God. God made time holy. How we discern ways to do this can be a challenge. How to be holy is not easy to understand. By definition, *holy* means to set apart for a sacred or special purpose. It is does not require a list of dos and don'ts but rather an attitude and activities that honor God and rest in God's presence.

- Make a list of the rules that your family follows and why you follow them. Consider what attitudes they help you have. Talk about attitudes and activities that help the whole family draw nearer to God.
- Spend time together to read a book, take a walk, or play a game. To be intentionally in the moment, avoid the temptation to use electronic devices.
- Play a game using the letters in SABBATH. Sit in a circle and take turns naming something that can be done to honor God. Begin with the letter S and use each letter in the word.
- Watch the YouTube video "How to Make Challah Bread—Challah Bread Recipe" (bit.ly/FMMakeChallah, 3:33). Challah is a traditional bread, eaten in Jewish homes on the Sabbath. Make challah bread together and enjoy!

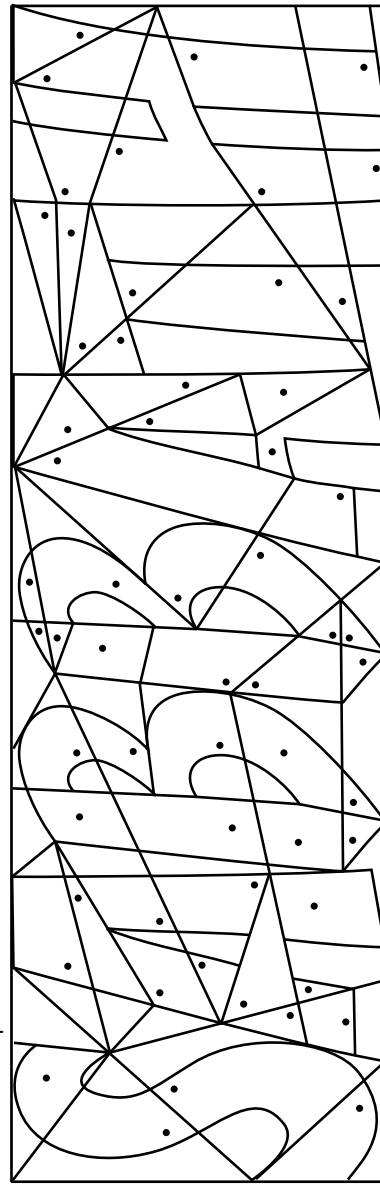
Dear God, thank you for the gift of Sabbath time. May we honor the Sabbath day by setting time apart to spend with you. Amen.

Note: bit.ly addresses are case-sensitive.

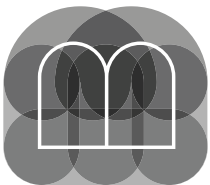
Find the ten differences.



Color in the spaces with dots.



Color in the spaces with dots. **Note:** bit.ly addresses are case-sensitive.



BIBLE STORY

Based on Matthew 12:1-8

Hi! My name is Matthew. I was one of the people who followed Jesus. In fact, I wrote quite a lot about this amazing time. Jesus showed me new ways of thinking and practicing my faith. Today, I want to tell you about what I learned from Jesus about celebrating the Sabbath.

“What is the Sabbath?” you ask. In my Jewish faith, it is a time when we rest and honor God from sundown on Friday to sundown on Saturday. Those of you who follow Jesus Christ today choose Sunday for this day. During my time, there were many rules for what you could and couldn’t do on the Sabbath. Basically, they boiled down to not doing anything considered work. So, if I was a farmer, I wouldn’t be able to plant or harvest my crops on the Sabbath. If I was a doctor, I was not allowed to work toward healing people on the Sabbath. If I cooked for others, I would not be able to cook on the Sabbath. This last rule brings me to my story today.

We had been following Jesus and had walked many miles with him. We were tired and hungry. At one point, we were walking through a field of grain, wheat used in the making of

bread. Some of us picked the grain and ate it because we were so hungry, even though we knew this was against the laws of the Sabbath.

If Jesus saw us, he didn’t say anything until a group of men, experts in the religious laws, saw us eating the grain. They were not happy we were breaking the Sabbath rules. They said to Jesus, “Look what your disciples are doing on the Sabbath!” Jesus reminded them that even our greatest king, David, broke the rules and fed his friends when they were hungry. Then he said something I will never forget. He told them that God desires kindness, not rules that require people to do without the necessities of life. Then he said that he understood what the Sabbath was meant for.

This sounded like a change from the way I had been thinking about the Sabbath. Maybe people and their needs were more important than following laws about what you could or couldn’t do. I wanted to know more and looked forward to a time when I could talk to Jesus about this. I’ll tell you what he said in another story, but for now, let’s celebrate!

